



**Older
Americans
Month**

**Military
Appreciation
Month**

**May Day/
Lei Day**
May 1

**Kentucky
Derby**
May 2

**International
Firefighters Day**
May 4

**Wildflower
Week**
May 5–11

Mother's Day
May 10

**"Get into the
Act"
Celebration
Frederick
Senior Center
May 29**

Good Times Senior

**May
2015
Volume 12**

***Brunswick Senior Center
Monthly Newsletter***

It's Time to Celebrate Motherhood


Celebrated with great enthusiasm in the U.S., Mother's Day falls on Sunday, May 10. It's Anna Jarvis who's known as "the mother of Mother's Day," for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never married nor bore children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. In 1914, U.S. President Woodrow

Wilson made the second Sunday in May "Mother's Day." Meanwhile, in the U.K., a holiday honoring motherhood dates back much further. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church service was devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but at their "mother" church, or cathedral. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again. Mother's Day is now celebrated in March or May in countries around the globe, including Australia, Canada, Spain, India, and South Africa.



*I may not be perfect but when I look at my children I
know that I got something in my life perfectly right.*

~Author unknown

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>MAY 2015</p> <p>Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.</p>				
CENTER CLOSED	4 Split Pea Soup Tuna Cold Plate Fresh Baby Spinach Hard Boiled Egg Grape Tomatoes Mandarin Orange Wheat Roll	5 Meatloaf w/Gravy Parslied Noodles Peas & Pearl Onions Fruit Cocktail Wheat Bread	6 Chicken Cordon Blue Mashed Potatoes Harvard Beets Cole Slaw Dinner Roll w/Butter Strawberry Short Cake	7 Sliced Ham Sweet Potatoes Seasoned Greens Spiced Pears Wheat Dinner Roll
CENTER CLOSED	11 Hamburger w/Pizza Sauce & Mozzarella Cheese on Roll Potato Salad Cole Slaw Diced Peaches	12 Hot Diced Teriyaki w/Sesame Noodles Peas & Carrots Pineapple Tidbits Whole Wheat Bread	13 Roast Beef Potato Salad Cole Slaw Fruit Cocktail Red Onion/Lettuce Tomato on Kaiser Roll	14 BBQ Grilled Chicken Breast Brown Rice Collard Greens Fruit Cocktail Wheat Bread
CENTER CLOSED	18 ¼ lb Beef Hot Dogs Baked Beans Cole Slaw Pineapple Tidbits Hot Dog Roll	19 Baked Potato Chili Con Carne Cheddar Cheese Tossed Salad Ranch Dressing Applesauce	20 Chicken Paprikash Parsley Noodles Green Beans Sliced Apples Wheat Dinner Roll	21 Hot Dogs on Roll Baked Beans Cole Slaw Fruit Cocktail
CLOSED FOR MEMORIAL DAY	25 Hamburger on a Roll Cheddar Cheese Macaroni Salad Cole Slaw Citrus Sections	26 Multi-Bean Soup Chicken Caesar Salad Wrap on a Flour Tortilla Romaine Lettuce Cheddar Cheese Caesar Dressing Pineapple Tidbits	27 Salisbury Steak w/ Gravy Mashed Potatoes 3-Bean Salad Fresh Seasonal Fruit Wheat Roll	28 Grilled Chicken Pasta Salad Fresh Baby Spinach Fruit Cocktail Bran Muffin

~Menus subject to change~

~Milk and Juice are served with every meal~

May Birthdays

Some famous people born during the month of May include:

Joseph Heller (writer) - May 1, 1923

Peter Seeger (singer) - May 3, 1919

James Brown (singer) - May 3, 1933

Mary Beth J. - May 6

Orson Welles (filmmaker) – May 6, 1915

Willie Mays (baseball player) – May 6, 1931

Gary Cooper (actor) - May 7, 1901

Candice Bergen (actress) – May 9, 1946

Salvador Dali (painter) – May 11, 1904

Martha Graham (dancer) - May 11, 1894

Joe Namath (quarterback) - May 31, 1943

Barbara Z - May 14

Eddy Arnold (singer) – May 15, 1918

Henry Fonda (actor) – May 16, 1905

Perry Como (entertainer) – May 18, 1912

Jimmy Stewart (actor) – May 20, 1908

Joan Collins (actress) - May 23, 1933

Bob Dylan (singer) - May 24, 1941

Mary Kay J. - May 25

John Wayne (actor) - May 26, 1907

Tracey R. - May 26

Henry Kissinger (politician) - May 27, 1923

Sam Sneed (golfer) - May 27, 1912

Virginia C - May 28

Bob Hope (comedian) - May 29, 1903



In astrology, those born from the 1st to the 20th in May have the star sign of the Bull of Taurus.

Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded.

Those born between the 21st and 31st are Gemini's Twins.

Geminis love conversation, and they're good at it, too! Witty, intellectual, curious, and imaginative, they're often the life of the party.

Notable Quotes



"The only achievement I am really proud of is the friends I have made in this community."

~ Gary Cooper (born May 7, 1901), shown above in a 1940 publicity



William Martin Joel,
May 9, 1949,

"I'd rather laugh with the sinners than cry with the saints—the sinners have much more fun."

Give Gifts from the Garden in May

A garden can give many gifts: beautiful flowers, fragrant smells, tasty and nourishing vegetables, the songs of birds, the buzzing of bees, moments of quiet and peace, dirty hands, and feelings of a job well done. This May, dubbed “Gifts from the Garden Month,” it’s time to sing the praises of the often-unsung heroes of the garden: herbs.



Just about every dish we can think of tastes better with a pinch of fresh garden herbs. Thyme, rosemary, basil, oregano, parsley, sage, marjoram, lavender, mint, dill, thyme, and chives are staples in many spice cabinets. Not only do these herbs taste good but many also offer tremendous health benefits.

The next time you add oregano to your marinara sauce, think about how it has the highest antioxidant content of any herb and four times that of fresh blueberries. A sprinkle of mint will brighten the flavors of a smoothie... and, as studies suggest, soothe the digestive system. Sage is a must when seasoning a turkey or chicken, and its oils are known to help reduce inflammation.

Many of these herbs blossom into beautiful flowers, too. Lavender’s purple spikes are heavenly to behold and to smell. Thai basil, with a strong licorice scent, grows reddish-purple flowers. Leave dill alone, and you’ll find bright chartreuse-yellow flowers atop tall stems. But remember, it takes a lot of energy to bloom, so the herbs themselves will lose some of their taste when allowed to flower. Best of all, if you have no outdoor garden space, herbs grow well in small pots.

Potted herbs—watered and sunned in a kitchen or nearby window—are close at hand when they’re needed most.



An Expression of Aloha

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publically honored the lei—that quintessential Hawaiian necklace fashioned of flowers and vines.

Lei garlands are given as an expression of welcome, friendship, and support when a loved one arrives, departs, or celebrates something special.

The act of fashioning a lei is a sacred one. Legend has it that, as the creator weaves a lei, a piece of his spirit enters into the garland—and passes along to the recipient.

Are You Ready for Some Fancy Footwork?

Put on your tap shoes and get ready to do the Shim Sham Shimmy on May 25, Tap Dancing Day. Centuries ago, cultures collided in the New World when two distinct dances became one: Irish and Scottish immigrants brought wooden-clogged step dances, and West African slaves brought stomping and slapping Juba. Tap dancing emerged as a hybrid, as African styles became more formal and were tapped with hard-soled shoes, and European dancing forms became more fluid, rhythmic, and dynamic. In 1925, iron was introduced to the toe and heels of tap shoes, allowing dancers (and their audience) to more easily hear their rhythm. Now dancers could tap *a cappella*, clacking out their own beats without musical accompaniment. It was a small step for man, and a rhythmic leap for mankind.



Unmatched socks pile up, just waiting for Lost Sock Memorial Day.

Feel Free to “Sock-It-To-Me” on May 9

Do you have a spot for old, unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches?

Chances are you may never see those lost socks again, since many fall over the top of washing machine tubs and are sucked out through the drain. So, on May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be.



Take this day to hunt out matches in drawers and under furniture. Then match away. But perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer

May Weather or Not

“May damp and cool fills the barns and wine vats.” ~ *Weather Lore* (1893)

“A swarm of bees in May is worth a load of hay.” ~ *Oxford Dictionary of Phrase and Fable*

“Mist in May and heat in June make a harvest come right soon.” ~ *The Freemason’s Chronicle* (1876)

“A dry May and a dripping June brings all things into tune.” ~ *Weather Lore* (1893)

“Marry in May, you’ll rue it for aye.” ~ *Poor Robin Almanac* (1675)

What some famous mothers might have said:

- Mary, Mary, Quite Contrary's mother: "I don't mind you having a garden, Mary, but does it have to be growing under your bed?"
- Mona Lisa's mother: "After all that money your father and I spent on braces, Mona, that's the biggest smile you can give us?"
- Humpty Dumpty's mother: "Humpty, if I've told you once, I've told you a hundred times not to sit on that wall. But would you listen to me? Nooooo!"
- Little Miss Muffet's mother: "Well, all I've got to say is if you don't get off your tuffet and start cleaning your room, there'll be a lot more spiders around here!"
- Mary's mother: "I'm not upset that your lamb followed you to school, Mary, but I would like to know how he got a better grade than you."
- Goldilocks's mother: "I've got a bill here for a busted chair from the Bear family. You know anything about this, Goldie?"
- Columbus's mother: "I don't care what you've discovered, Christopher. You still could have written!"
- Albert Einstein's mother: "But, Albert, it's your senior picture. Can't you do something about your hair? Styling gel, mousse, something...?"
- Thomas Edison's mother: "Of course I'm proud that you invented the electric lightbulb, Thomas. Now turn off that light and get to bed!"
- Babe Ruth's mother: "Babe, how many times have I told you to quit playing ball in the house! That's the third broken window this week!"
- Michelangelo's mother: "Mike, can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?"
- Napoleon's mother: "All right, Napoleon. If you aren't hiding your report card inside your jacket, then take your hand out of there and prove it!"
- Abraham Lincoln's mother: "Again with the stovepipe hat, Abe? Can't you just wear a baseball cap like the other kids?"
- George Washington's mother: "The next time I catch you throwing money across the Potomac, you can kiss your allowance good-bye!"
- Custer's mother: "Now, George, remember what I told you—don't go biting off more than you can chew!"
- Paul Revere's mother: "I don't care where you think you have to go, young man. Midnight is past your curfew!"
- Batman's mother: "It's a nice car, Bruce, but do you realize how much the insurance is going to be?"
- Superman's mother: "Clark, your father and I have discussed it, and we've decided you can have your own telephone line. Now will you quit spending so much time in all those phone booths?"

If your income is below \$1,437*/month and one or more of these statements were TRUE for you in the last month...

1. The food I bought just didn't last and I didn't have money to buy more.
2. I couldn't afford to eat nutritious or balanced meals.
3. I cut the size of my meals to stretch my groceries.
4. I skipped meals because I couldn't afford to buy food.
5. I sometimes ate less food than I should because I didn't have enough.
6. I was hungry but didn't eat because I couldn't afford to buy food.

...Then you are eligible for

Groceries for Seniors

(A monthly free distribution of canned goods, shelf stable products and seasonal produce when available)



Friday, May 1, 2015
1pm-2pm
Frederick Senior Center
Drive-Thru

please bring photo id to register

1440 Taney Avenue, Frederick, MD
www.FrederickCountyMD.gov/Aging
or 301.600.3523 for info

***For one person household. Add \$503/person for each additional household member.**



A Partnership of Frederick County Department of Aging, Western Maryland Food Bank and Seed of Life, Inc.

You are invited...

*The Frederick County Department
of Aging invites you to*

Get into the Act!

Friday, May 29, 11:30 a.m.

*A Celebration of the
50th Anniversary of the
Older America's Act*

*Luncheon followed by
Musical Entertainment
"Just in Time"
Sweet Adeline Quartet*

*\$10 per person
Reservations Required*

*Event will be held at the Frederick Senior Center-call 301-
600-1048 for reservations no later than Friday May 22*



Do you have an interest in
Arts & Crafts
COMING IN JUNE
to the
Frederick Senior Center
Michaels' Arts & Crafts
“Make & Take Project”
Please contact Linda at
301-600-3524 if you are
interested in the event.

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season.

They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Crunchy Corn and Avocado Salad

Ingredients:

- 1 (15-ounce) can corn, drained
- 2 avocados, diced
- 2 cups chopped tomato or cherry tomatoes, cut in half
- 1 small red onion, diced
- 1 1/2 cups English cucumber, diced
- 3/4 cup feta cheese, crumbled
- Vinaigrette of choice



Directions

1. Toss corn, avocado, tomato, onion, cucumber, and feta in a large bowl.
2. Drizzle salad with vinaigrette and serve.

Makes 4 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

Delicious way to celebrate Cinco de Mayo

Taco in a Bag

Eat a taco with a fork...straight out of a Fritos bag!

Ingredients:

- 1.25 oz bag of Fritos (Individual size)
- Chili or taco meat (about 1/4 cup), heated
- Shredded lettuce (about 1/4 cup)
- Shredded cheddar cheese (about 3 tablespoons)
- Chopped tomato (about 3 tablespoons)
- Sour cream to taste

Directions:

1. Before opening the bag, crush the Fritos chips with your hands.
2. Open the bag and pour the warm chili or taco meat into the bag.
3. Add the cheese.
4. Add the lettuce and tomato.
5. Top with a dollop of sour cream.
6. Roll the top of the bag down to help keep it open. Dig in and enjoy!



Substitution:

Use Doritos, tortilla chips, or other favorite chip instead of Fritos.

Which War Was It? Trivia

Below are some events, people, music, songs, quotations, and terms associated with different wars. Can you guess which war?

The Wars

1. American Revolution (1775–1783)
2. War of 1812 (1812–1815)
3. Civil War (1861–1865)
4. Spanish-American War (1898)
5. World War I (1914–1918)
6. World War II (1939–1945)
7. Korean War (1950–1953)
8. Vietnam War (1961–1975)
9. Iraq War (2003–2011)
10. Afghanistan War (2001–present)



Which War Was It? (*Ask the group, "When you hear this word, phrase, name, etc., which war do you associate it with?"*)

1. Minutemen. (Minutemen were prepared to fight at a minute's notice during the **American Revolution**.)
2. The Red Baron. (Manfred Albrecht Freiherr von Richthofen, also widely known as the Red Baron, was a German fighter pilot with the Imperial German Army Air Service during **World War I**.)
3. "Remember the *Maine*!" (Although the cause and responsibility for the sinking of the USS *Maine* in 1898 were unclear, popular opinion in the United States blamed Spain and popularized the phrase "Remember the *Maine*, to hell with Spain!" The sinking led the United States into the **Spanish-American War**.)
4. Flying Tigers. (A group of volunteer American fighter pilots who flew for the Chinese and fought against the Japanese shortly before the United States entered **World War II**.)
5. German battleship *Bismarck* sank. (On May 27, 1941, during **World War II**, the British navy sank the German battleship *Bismarck* in the North Atlantic near France. The German death toll was more than 2,000.)
6. Archduke Franz Ferdinand was assassinated. (As the heir to the Austro-Hungarian empire, his assassination on June 28, 1914, sparked **World War I**.)
7. "Burning of Washington." (The most famous episode of the **War of 1812** was a series of British raids on the shores of Chesapeake Bay, including an attack on Washington that resulted in the British burning the White House, the Capitol, the Navy Yard, and other public buildings.)
8. Surrender at Appomattox. (General Lee's surrender at Appomattox in 1865 signaled the end of the **Civil War**.)
9. "Shot heard around the world." (This 1775 proverbial first shot was fired during an armed standoff between British forces and local militia in Lexington, Virginia, and marked the beginning of the **American Revolution**.)
10. Teddy Roosevelt marched up San Juan Hill. (The Battle of San Juan Hill in Cuba was a decisive battle of the **Spanish-American War**.)
11. Potsdam Conference. (The United States, the Soviet Union, and Britain met in Potsdam, Germany, to discuss how Europe would be divided after **World War II**.)
12. Panmunjom. (Panmunjom is a village on the de facto border between North and South Korea, where the 1953 Korean Armistice Agreement that paused the **Korean War** was signed.)

13. German submarine sinks the *Lusitania*. (The sinking turned public opinion in many countries against Germany and contributed to the American entry into **World War I**.)
14. Osama bin Laden. (Osama bin Laden was the founder of the militant organization al-Qaeda, which was responsible for the September 11 attacks on the United States. The event was the prelude to the **War in Afghanistan**.)
15. "The war to end all wars." (That's what some people were calling **World War I**.)
16. Andersonville Prison. (The Camp Sumter military prison at Andersonville was one of the largest Confederate military prisons during the **Civil War**.)
17. "Boogie Woogie Bugle Boy." ("Boogie Woogie Bugle Boy" was a major hit for the Andrews Sisters and an iconic **World War II** tune.)
18. Washington crosses the Delaware. (On the night of December 25, 1776, during the **American Revolution**, George Washington crossed the Delaware River in a surprise attack against the Hessian forces in Trenton, New Jersey.)
19. Iwo Jima. (You might recall the famous photograph of Marines raising the American Flag after the victory at Iwo Jima during **World War II**.)
20. WAAC and WAVES. (The WAAC was the Women's Army Auxiliary Corps established during **World War II**. The WAVES were a division of the U.S. Navy. WAVES is an acronym for "Women Accepted for Volunteer Emergency Service.")
21. Private First Class Jessica Lynch is rescued. (Jessica Lynch was serving in the **Iraq War** when she was captured by Iraqi forces. U.S. Special Operations Forces rescued her a week later. Lynch was America's first female soldier to become a POW. Her rescue was the first successful rescue of an American POW since World War II.)
22. Francis Scott Key wrote a song. (On September 14, 1814, during the **War of 1812**, U.S. soldiers at Baltimore's Fort McHenry raised a huge American flag to celebrate a crucial victory over British forces. The sight of those "broad stripes and bright stars" inspired Francis Scott Key to write a song that eventually became the United States' national anthem, "The Star-Spangled Banner.")
23. Hiroshima and Nagasaki. (During the final stages of **World War II** in 1945, the Allies conducted two atomic bombings against the cities of Hiroshima and Nagasaki in Japan. Nuclear weapons have not been used in a war since.)
24. M*A*S*H. (M*A*S*H was an American television series [based on a movie and a book] that followed a team of doctors and support staff stationed in a South Korean hospital during the **Korean War**.)
25. Tet Offensive. (The Tet Offensive was a military campaign during the **Vietnam War** that was launched on January 30, 1968. The purpose of the offensive was to utilize the element of surprise and strike during the Tet festivities, a period during which no attacks were supposed to take place.)
26. Operation Shock and Awe. (The United States used overwhelming military force in the 2003 invasion of Iraq, starting the conflict known as the **Iraq War**. It was dubbed "Operation Shock and Awe.")
27. Agent Orange. (Agent Orange was the code name given to a chemical herbicide and defoliant used by the U.S. military during the **Vietnam War**. It was later shown to cause serious health problems.)
28. Saddam Hussein. (He was the president of Iraq at the beginning of the **Iraq War**.)
29. "How Ya Gonna Keep 'Em Down on the Farm?" (This was a song popular at the end of **World War I**.)
30. *The Bridge on the River Kwai*. (*The Bridge on the River Kwai* was a 1957 movie about **World War II** starring William Holden.)
31. Normandy Invasion. (The invasion of Normandy took the Germans by surprise, because they expected an invasion to come near Calais, at the narrowest part of the English Channel. The Germans fought the invasion fiercely, but by the end of the day, all five beaches were secured by the Allies in **World War II**.)

Wrapped Washer Necklace

Wrap metal washers with colorful cord or yarn to make an inexpensive yet very fashionable necklace.

You will need:

- 3 washers (Washer sizes are gauged by the diameter of their holes; use 1/2" washers.)
- Colorful cord or yarn (1 or 2 colors of your choice)
- Scissors
- Yardstick

Print a [picture of a completed necklace](#) to show crafters.

Post a copy on your bulletin board to create interest in the activity.

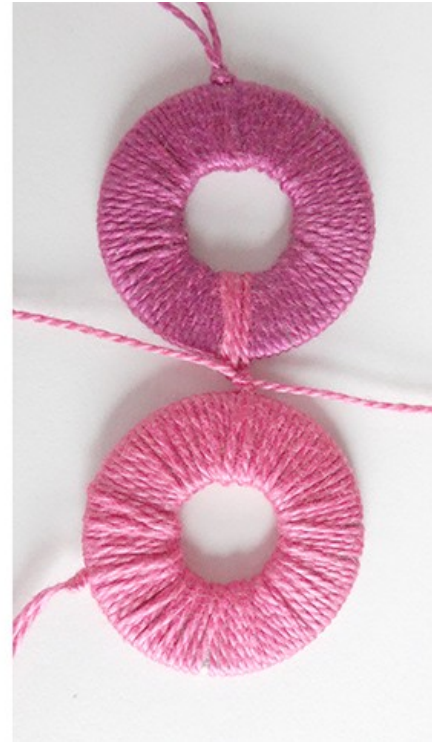


Directions:

1. Cut three pieces of cord about 10' each and fold them in half. Wrap each washer with a folded piece of cord, beginning the wrapping as shown in the left-hand photo above. Bring the looped end through the center of the washer and pull the ends of the cord through the loop. Pull the cord tightly and continue wrapping until the entire washer is wrapped as shown in the center photo above.
2. Tie a knot to keep the cord from unraveling by separating the two ends of the doubled cord. Slide one end under the last wrapped piece and tie an overhand knot. Tie a second knot as shown in the right-hand photo above. Repeat this process to wrap the other two washers.



3. Select a washer to be in the center section of the necklace. Cut a 12" piece of cord and fold it in half. Attach the cord to the washer as shown in the right-hand photo above. To position the new cord properly, turn the washer to place the first knot (the left knot) at 10 o'clock. The new piece of cord should be positioned at 2 o'clock.



4. Attach the center washer to the other washers by following the steps illustrated in the photos above, ending the simple wrap with a double knot and cutting off the excess cord.

5. Finish the necklace by tying the long pieces of cord together with an overhand knot. Cut off the excess cord, and your attractive necklace is ready to wear!



Don't Feed the Animals

Match the animal to its group name.

- | | |
|-----------------|------------|
| 1. Fish | A. Kennel |
| 2. Crows | B. Pride |
| 3. Geese | C. Caravan |
| 4. Wolves | D. Swarm |
| 5. Ants | E. School |
| 6. Lions | F. Run |
| 7. Oxen | G. Prickle |
| 8. Porcupines | H. Gaggle |
| 9. Salmon | I. Flutter |
| 10. Clams | J. Team |
| 11. Wasps | K. Herd |
| 12. Dogs | L. Pack |
| 13. Beavers | M. Family |
| 14. Buffalo | N. Colony |
| 15. Butterflies | O. Murder |
| 16. Camels | P. Bed |



From Beginning to End

The following words begin and end with the same two-letter sequence. Example: _ _ ur _ _ (church)

1. _ _ mpera _ _
2. _ _ bl _ _
3. _ _ ma _ _
4. _ _ eepi _ _
5. _ _ irtie _ _
6. _ _ assu _ _
7. _ _ gib _ _
8. _ _ co _ _
9. _ _ yli _ _
10. _ _ ucat _ _

A. sh

B. ed

C. st

D. te

E. de

F. to

G. le

H. re

I. th

J. em



May IQ

There's more to May than Cinco de Mayo. Test your May IQ.

1. Which of the following does **NOT** occur in May?

- A. Victoria Day
- B. Mother's Day
- C. Full Harvest Moon
- D. May Day



2. How many Mondays are in May this year?

3. Aunt May is the adoptive mother of Spiderman's alter ego in the *Spiderman* comic book series. What is the name of Spiderman's alter ego?

- A. Clark Kent
- B. Daddy Warbucks
- C. Peter Parker
- D. Bruce Wayne

4. Taurus and Gemini are the zodiac signs for May. What are the zodiac symbols for Taurus and Gemini?

- A. Ram and Lion
- B. Crab and Fish
- C. Scorpion and Archer
- D. Bull and Twins



5. Emerald is the birthstone for May. What color is an emerald?! _____

6. The Christmas classic *Miracle on 34th Street* hit theaters on May 2, 1947. Who did **NOT** star in the film?

- A. Maureen O'Hara
- B. Jimmy Stewart
- C. Natalie Wood
- D. Edmund Gwenn



7. True or False? The Kentucky Derby is held on the first Sunday in May. _____

8. Which of the following May events happened most recently?

- A. Roger Bannister became the first man to run a mile in less than four minutes.
- B. Amelia Earhart became the first woman to fly solo across the Atlantic.
- C. Arthur Miller won the Pulitzer Prize for *Death of a Salesman*.
- D. The *Lusitania* was torpedoed by a German submarine.

9. Katherine Hepburn was born on May 12, 1907. Which is **NOT** one of her films?

- A. *All About Eve*
- B. *On Golden Pond*
- C. *Bringing Up Baby*

10. Solve this riddle: "If April showers bring May flowers, what does the *Mayflower* bring?" _____

11. True or False? May is one of the months mentioned in the song "Shine On Harvest Moon."! _____

12. What is the birth flower for May?

- A. Daffodil
- B. Daisy
- C. Lily of the valley
- D. Marigold



13. In the sentence *You may do as you wish*, is the word *may* used as a noun or a verb?! _____

14. Tony Gwynn and Billy Martin were both born in May. What sport did they play?

15. Memorial Day in the U.S. is observed on the last Monday in May. What was it formerly known as?

- A. Decoration Day
- B. Veterans Day
- C. Independence Day
- D. It has always been known as Memorial Day.



16. The Empire State building first opened on May 1st of what year?

- A. 1925
- B. 1931
- C. 1940

17. Marry in May and you'll....

- A. Rue the day
- B. Marry a man who'll pay
- C. Sleep in the hay



18. May was originally what month on the calendar?

- A. 1st
- B. 3rd
- C. Always has been the 5th month

MAY IQ~Answers

1. (C) Full Harvest Moon. The full moon in May is known as the Full Flower Moon. The Full Harvest Moon occurs in September.
2. Four. There are four Mondays, Tuesdays, Wednesdays, and Thursdays. There are five Fridays, Saturdays, and Sundays.
3. (C) Peter Parker. Clark Kent is Superman's alter ego. Daddy Warbucks is Little Orphan Annie's adoptive father. Bruce Wayne is Batman's alter ego.
4. (D) Bull and Twins. The Bull is the symbol for Taurus, and the Twins are the symbol for Gemini.
5. Green. Small amounts of chromium and sometimes vanadium give the gemstone its green color.
6. (B) Jimmy Stewart. He starred in another Christmas classic, *It's a Wonderful Life*.
7. False. The Kentucky Derby is held on the first Saturday in May.
8. (A) Roger Bannister became the first man to run a mile in less than four minutes (1954). Amelia Earhart became the first woman to fly solo across the Atlantic in 1932. Arthur Miller won the Pulitzer Prize for *Death of a Salesman* in 1949. The *Lusitania* was torpedoed by a German submarine in 1915.
9. (A) *All About Eve*. Bette Davis was the star of that film.
10. Pilgrims. The *Mayflower* transported the Pilgrims from England to the New World.
11. False. The line from the song is "I ain't had no lovin' since April, January, June, or July."
12. (C) Lily of the valley. This low-growing perennial plant is very poisonous.
13. Verb.
14. Baseball. Billy Martin played for the New York Yankees for most of his career. He also managed the team. Tony Gwynn played his entire career with the San Diego Padres.
15. (A) Decoration Day. The day was originally created to commemorate the dead from the Civil War. The name was officially changed to Memorial Day in 1967.
16. (B) 1931 102-story skyscraper found in New York City
17. (A) Rue the day
18. (B) 3rd—According to the Roman Calendar

Heroes Cryptograms

Decipher the Memorial Day quotes using the number codes below.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

Puzzle #1 – Joseph Campbell Quote

$\overline{1}$ $\overline{8}$ $\overline{5}$ $\overline{18}$ $\overline{15}$ $\overline{9}$ $\overline{19}$ $\overline{19}$ $\overline{15}$ $\overline{13}$ $\overline{5}$ $\overline{15}$ $\overline{14}$ $\overline{5}$ $\overline{23}$ $\overline{8}$ $\overline{15}$
 $\overline{8}$ $\overline{1}$ $\overline{19}$ $\overline{7}$ $\overline{9}$ $\overline{22}$ $\overline{5}$ $\overline{14}$ $\overline{8}$ $\overline{9}$ $\overline{19}$ $\overline{15}$ $\overline{18}$ $\overline{8}$ $\overline{5}$ $\overline{18}$
 $\overline{12}$ $\overline{9}$ $\overline{6}$ $\overline{5}$ $\overline{20}$ $\overline{15}$ $\overline{19}$ $\overline{15}$ $\overline{13}$ $\overline{5}$ $\overline{20}$ $\overline{8}$ $\overline{9}$ $\overline{14}$ $\overline{7}$
 $\overline{2}$ $\overline{9}$ $\overline{7}$ $\overline{7}$ $\overline{5}$ $\overline{18}$ $\overline{20}$ $\overline{8}$ $\overline{1}$ $\overline{14}$ $\overline{15}$ $\overline{14}$ $\overline{5}$ $\overline{19}$ $\overline{5}$ $\overline{12}$ $\overline{6}$

Puzzle #2 – Benjamin Disraeli Quote

$\overline{20}$ $\overline{8}$ $\overline{5}$ $\overline{12}$ $\overline{5}$ $\overline{7}$ $\overline{1}$ $\overline{3}$ $\overline{25}$ $\overline{15}$ $\overline{6}$ $\overline{8}$ $\overline{5}$ $\overline{18}$ $\overline{15}$ $\overline{5}$ $\overline{19}$
 $\overline{9}$ $\overline{19}$ $\overline{20}$ $\overline{8}$ $\overline{5}$ $\overline{13}$ $\overline{5}$ $\overline{13}$ $\overline{15}$ $\overline{18}$ $\overline{25}$ $\overline{15}$ $\overline{6}$ $\overline{1}$
 $\overline{7}$ $\overline{18}$ $\overline{5}$ $\overline{1}$ $\overline{20}$ $\overline{14}$ $\overline{1}$ $\overline{13}$ $\overline{5}$ $\overline{1}$ $\overline{14}$ $\overline{4}$ $\overline{20}$ $\overline{8}$ $\overline{5}$
 $\overline{9}$ $\overline{14}$ $\overline{8}$ $\overline{5}$ $\overline{18}$ $\overline{9}$ $\overline{20}$ $\overline{1}$ $\overline{14}$ $\overline{3}$ $\overline{5}$ $\overline{15}$ $\overline{6}$ $\overline{1}$
 $\overline{7}$ $\overline{18}$ $\overline{5}$ $\overline{1}$ $\overline{20}$ $\overline{5}$ $\overline{24}$ $\overline{1}$ $\overline{13}$ $\overline{16}$ $\overline{12}$ $\overline{5}$



Momisms

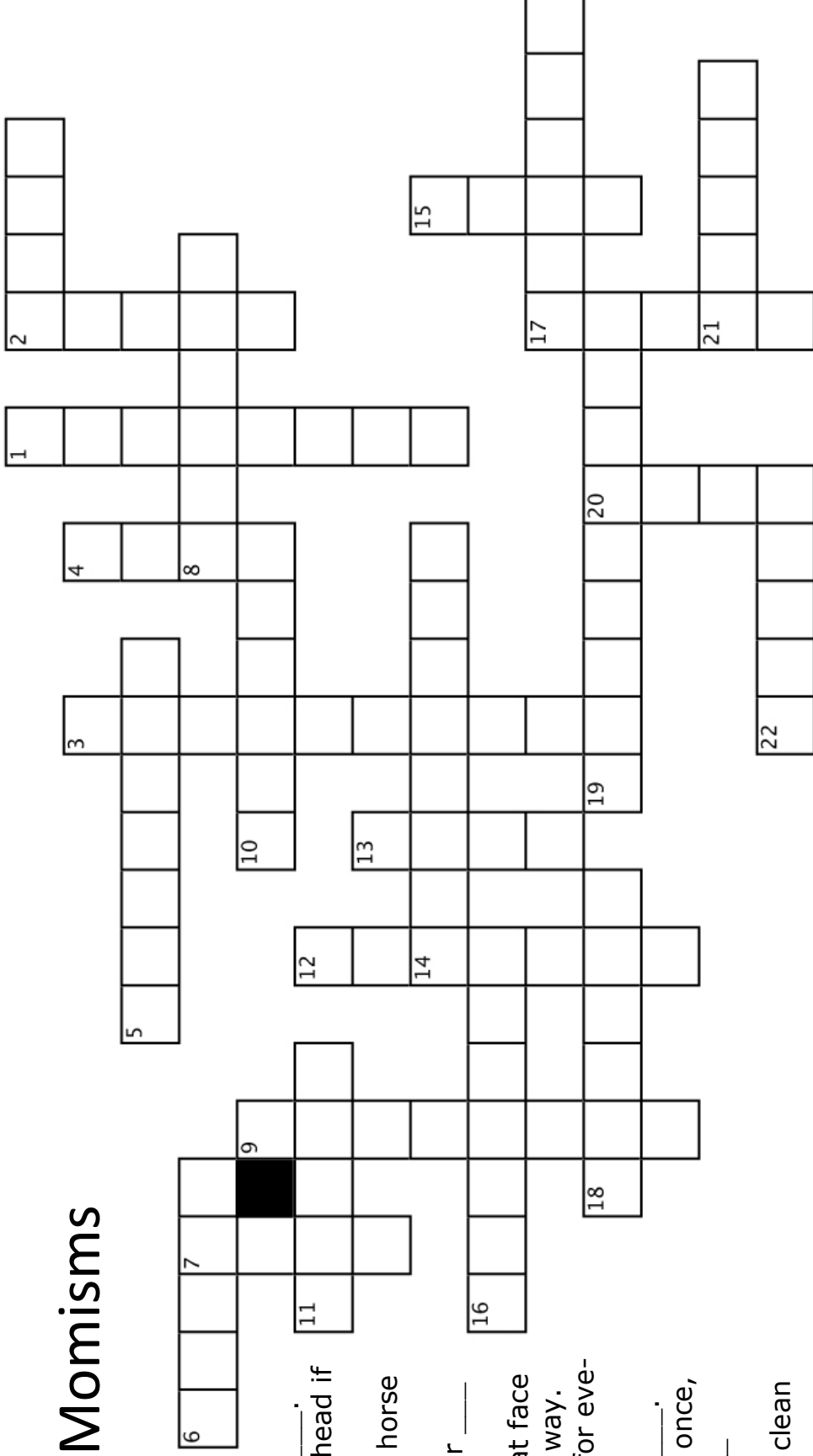
ACROSS

2. I am not your ____.
5. You'd lose your head if it wasn't ____ on.
6. Don't look a gift horse in the ____.
8. Just wait till your ____ gets home.
10. Don't make that face or it will ____ that way.
11. There's a ____ for everything and everything has its ____.
14. If I've told you once, I've told you a ____ times.
16. No ____ till you clean your plate.
17. A little ____ told me.
18. It's no use ____ over spilt milk.
19. Always wear clean ____ in case you're in an accident.
21. If your friends jumped off a ____, would you jump too?
22. You can't ____ a book by its cover.



DOWN

1. If you can't say something nice, don't say ____ at all.
2. Do you think that I'm made of ____?
3. Don't sit too close to the ____ because it will ruin your eyes.
4. ____ isn't fair.
7. Don't ____ with your mouth full.
9. Don't run with ____.
12. Don't break your arm ____ yourself on the back.
13. As long as you're under my ____, you'll do as I say.
15. Close the door. Were you born in a ____?
17. Am I talking to a ____ wall?
20. ____ your feet.



Advice from the Night Sky

- See the big picture
 - Be a star
 - Keep looking up
- Don't be afraid of the dark
 - Stay full of wonder
- Expand your horizons
- Turn off the lights!

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From Beginning to End (solution)

1. D. temperate
2. J. emblem
3. F. tomato
4. A. sheepish
5. I. thirtieth
6. H. reassure
7. G. legible
8. E. decode
9. C. stylist
10. B. educated

Heroes Cryptograms (Solution)

Puzzle #1

A hero is someone who has given his or her life to something bigger than oneself.

Puzzle #2

The legacy of heroes is the memory of a great name and the inheritance of a great example.

Don't Feed the Animals

- | | |
|-----------------|------------|
| 1. Fish | E. School |
| 2. Crows | O. Murder |
| 3. Geese | H. Gaggle |
| 4. Wolves | L. Pack |
| 5. Ants | N. Colony |
| 6. Lions | B. Pride |
| 7. Oxen | J. Team |
| 8. Porcupines | G. Prickle |
| 9. Salmon | F. Run |
| 10. Clams | P. Bed |
| 11. Wasps | D. Swarm |
| 12. Dogs | A. Kennel |
| 13. Beavers | M. Family |
| 14. Buffalo | K. Herd |
| 15. Butterflies | I. Flutter |
| 16. Camels | C. Caravan |

Momisms

